

Whole fruits and vegetables should be cooked or cut into small pieces



Do not Suck on Lemons, Lime or Ice



Avoid drinks that contain sugar



Foods to Avoid During Braces Treatment

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some Soft & Sticky foods can also cause tooth decay and loosen or dislodge your braces.



Choose food wisely to put in your mouth and avoid chewing on hard objects such as Pens & Pencils

HARD FOODS TO AVOID INCLUDE :

- Hard Candy
- Lollypop
- Popcorn
- Ice Cubes
- Nuts (Dry Fruits)
- Hard Pizza Crust
- Gol-Gappas
- Carrot
- Beet Root
- Radish

SOFT FOODS TO AVOID INCLUDE :

- Chewing Gum
- Chewy Candies
- Sticky Choclates
- Sugar Daddies
- Caramel



Do not Bite anything from the Front Teeth